

Do You Have A Family Member or Loved One Living With A Mental Illness?

Zoom Meetings Now Available

Our Family Support Group is Here for YOU



The Family Services Program provides compassionate, informed assistance to families, friends and loved ones of persons they know or suspect has a mental illness.

Our goal is to provide you with emotional and practical support and provide helpful resources and coping tips.

English Zoom Support Group

Wednesdays 10am-12pm

Spanish Zoom Support Group

Fridays 12pm-2pm

For More Information Contact:

Maria Perez, TMHA Adult Family Partner, (805) 441-3325

or

Zandra Alfaro-Olea, Family Support Specialist, (805) 458-5487

Visit www.t-mha.org/family-support.php



WELLNESS • RECOVERY • RESILIENCE

